

# Understanding Allergies During Pregnancy

## What Am I Feeling?

During pregnancy, you can experience frequent:

- sneezing
- itchy eyes
- stuffy nose



## Why?

**Season allergies**, also called *allergic rhinitis*, can **start or get worse** during pregnancy.



One reason may be that pregnancy hormones can increase nasal congestion.

## What Can I Do?



Saline nasal spray



Humidifier



Avoid known allergens



## What About Antihistamines?

Many antihistamines are commonly recommended during pregnancy when used at the right **doses** and **only when needed**.



- **Cetirizine** (e.g. **Reactine®**) and **loratadine** (e.g. **Claritin®**) are often recommended.
- These are less likely to cause drowsiness than **diphenhydramine** (e.g. **Benadryl®**).



## What About Decongestants?

Some decongestants, like **pseudoephedrine** and **phenylephrine**, are found in some cold and allergy products.



They are **usually avoided** in the first trimester due to possible increased risk of birth defects in early pregnancy.

These products may be used during pregnancy, but it's **always important** to check with your healthcare provider first.

## Reminder

Always **consult your healthcare professional** before taking a new medication to ensure it's safe for you and your baby.

